

A Level Physical Education	Content overview	Assessment overview
Physiological factors affecting performance	<ul style="list-style-type: none"> • Applied anatomy and physiology • Exercise physiology • Biomechanics 	<ul style="list-style-type: none"> • 30% • 90 marks • 2 hour written paper
Psychological factors affecting performance	<ul style="list-style-type: none"> • Skill acquisition • Sports psychology 	<ul style="list-style-type: none"> • 20% • 60 marks • 1 hour written paper
Socio-cultural issues in physical activity and sport	<ul style="list-style-type: none"> • Sport and society • Contemporary issues in physical activity and sport 	<ul style="list-style-type: none"> • 20% • 60 marks • 1 hour written paper
Performance in physical education	<ul style="list-style-type: none"> • Performance or coaching • Evaluation and analysis of performance for improvement 	<ul style="list-style-type: none"> • 30% • 60 marks • Non-exam assessment (practical)

Where are they now?

SAM FAIRHURST

A levels: PE, Psychology, Business Studies

College Activities: Football 1st team Captain.

After College: Sport Science Degree at LJMU and moved to America on a Football Scholarship

Now: Director of Marketing and Communications for ProSports Pathways in Florida and Football Coach at PSP Football School an PDA Florida

Where are they now?

PAUL CIEPLAK

A levels: PE, English Lang, Biology

College Activities: Hockey, Tennis, Badminton, PE Ambassador

After College: BSc Physiotherapy and MSc Advanced Physiotherapy

Now: Working as Senior Physiotherapist at Wrightington hospital and has worked as Physiotherapist for GB Ice Hockey and Bolton Wanders Academy

Why A Level PE?

Whether you want to study sport at university or not, the grade you obtain in A Level PE will contribute to your university offer. We have a record of getting excellent results for students that go on to study a wide range of courses at university from Sport Science, Sport Journalism, Sport Technology, to Physiotherapy, Medicine, Dentistry, Law, Accounting, Spanish, and International Management with American Business Studies.

Learning outside the classroom

Individual and group tutorials

Textbooks

Dedicated Facebook group with links to support work and online tutorials

Moodle with revision material, past papers and answers, PE PODS, Video tutorials

Study Support

We'll make sure that you're receiving all the support you need. You may be entitled to extra time in your exams, you may benefit from working with a dyslexia tutor or you may simply need help with organising your time and many pieces of paper! We also identify students who need assessing by the learning support team that might have learning needs that become evident during the course of post 16 studies.

Enrichment

We have a sportmaker, coaches and sport enrichment staff that run many sports activities within the department, including football, rugby, netball, hockey, table tennis, volleyball, basketball, badminton, fitness, dodgeball, archery, 5 a side, and enter league and cup competitions in these sports plus trampolining, golf, squash, swimming, athletics, cross country and many more. We also enter AOC National sport events. These activities are open to all students that attend college. There are extensive sports facilities: sports hall, activity room, outdoor area, Sport England standard fields, modern gym, offsite AstroTurf (with plans to build one onsite).

From school pupil to Winstanley student

You do not need to have studied PE at GCSE or BTEC prior to starting the course. Obviously an interest in sport helps. You can be assessed at any sport on the OCR syllabus. It is beneficial to be participating in your chosen sport regularly although it is not a necessity. All feeder schools are invited to attend a year 10 masterclass. Once you have accepted your place you will be invited to our year 11 taster days where you can experience a day in the life of a Winstanley College student as well as try out the course and ask any questions you might have.

Please follow our sporting news on @WinFitGym on twitter, and Winfit gym on Facebook.

Recommended reading – familiarise yourself with the structure of the heart and muscles of the body. This video tutorial might also be interesting: <https://www.youtube.com/watch?v=IM33piyAyZo&index=2&list=PLD89F852BB6F1C69B>